

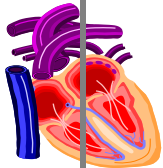


Natural Solutions for Healthy Living

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Remedying Disease

Women Can 'Walk Away' from Cardiovascular Disease

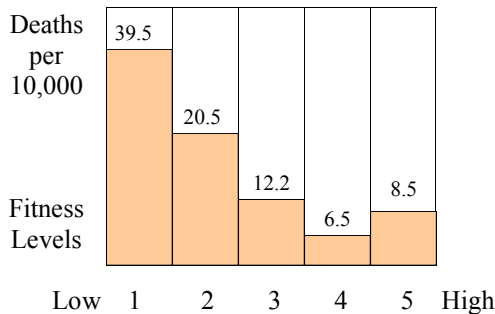


There have been many misconceptions about heart disease, especially being an illness that only affects men. However, one thing is now certain; heart disease is affecting women as well as men. Heart disease is the leading cause of death in America, claiming 914,000 lives in 1995.

There are several simple changes that you can make to arrest and reverse heart disease. Any sound nutritional program will reduce dietary cholesterol, sugar, oil and salt. Heart disease candidates should use herbs specific for the heart and circulation, such as, Ginkgo, Ginseng, Cayenne and Ginger. Fruit and vegetable juicing provides healing phytochemicals and anti-oxidants while hydrotherapy procedures, such as contrast showers (hot and cold), promote active circulation. In this issue we will discuss the role of aerobic exercise in the role of prevention.

It appears that when it comes to aerobic exercise and heart disease, to a certain extent the more you get the better.

In a study published in the JAMA by Dr. Steven Blair, 10,224 men



and 3,120 women were followed for 8 years. They performed treadmill testing and were placed into five categories based on their fitness level. The researchers followed these people to determine how their level of physical fitness related to their death rates.

Group 1 represents those who are sedentary, while group 5 represents those who are the most active. It brings out the fact that walking 30 minutes a day (the activity level of group 2) reduced premature death almost as much as running 30 to 40 miles a week (the activity level of group 5). In groups 2 through 5, deaths were lower from all causes, including heart disease and cancer, when compared with the sedentary people in group 1. The most

Materia Medica

Ginkgo

(Ginkgo biloba)

Common Names:

Maidenhair tree, Rokan, Sophium, Tanakan, Tebofortan, Tebonin

Parts Used: Leaf

Medicinal Properties:

Antioxidant, Anti-inflammatory, Antiarthritic, Analgesic, Flavonoid, Peripheral Circulation

Uses: Ginkgo is used to decrease disturbances of cerebral functioning and peripheral vascular insufficiency in persons with Alzheimer's disease. It is also used as an antioxidant, to improve peripheral artery disease, and to enhance circulation throughout the body. Other reported uses include the treatment of depressive mood disorders, headaches, tinnitus, dizziness, arthritis,

Materia Medica

Cayenne

(Capsicum frutescens)

Common Names:

African pepper, American red pepper, Bird pepper

Parts Used: Fruit (oil is in the seeds).

Medicinal Properties:

Stimulant, tonic, carminative, sialagogue, stomachic, pungent, alterative, astringent, antispasmodic, sudorific, emetic, antiseptic, condiment, anti-rheumatic

Uses: High and low blood pressure. It feeds elements that may be lacking into the cell structure of the arteries, veins and capillaries to give them elasticity of youth again, as the blood pressure adjusts itself to normal. When the venous structure becomes loaded with sticky mucus, the blood has a harder time

important finding was that most of the benefits of physical exercise came from moving from sedentary (group 1) to walking 30 minutes a day (activity level of group 2). This shows that women can truly 'walk away from heart disease'.

In another study performed by Dr. JoAnn E. Manson of Harvard Medical School, who sent questionnaires to 73,743 women between the ages of 50 and 79, asking them about the amount and types of physical activity they

engaged in each week. None of the women included in the study had cancer or cardiovascular disease at the beginning of the study. Nine percent of the women indicated they were African American.

The women were followed for a period of 3 years, and documented how many study participants developed cardiovascular disease.

During the study period, 345 women developed heart disease, and a total of 1,551 were diagnosed with various forms of cardiovascular disease.

Postmenopausal women who either walked or exercised regularly were less likely than others to develop cardiovascular disease.

Exercise benefits held true for both white and black women.

Adopting a brisk pace appeared to be most beneficial for walkers, the researcher said, but even women who said they covered 1 mile in 15 to 20 minutes--an average to slightly brisk pace, in which they can easily carry on a conversation

were also protected from cardiovascular disease, however, it is not enough to reverse the condition.

Manson added that **prolonged sitting appeared to counteract the benefits of exercise: among women who engaged in the same amount and levels of exercise, those who spent more time sitting during the day were more likely than others to develop cardiovascular disease.**

"Try to get up off the couch, or away from the desk," she advised.

Exercise Benefits

Daily exercise is very important to help prevent the risk of heart disease and stroke. However, exercise is vitally important to arrest and reverse this deadly disease. It accomplishes this goal by lowering cholesterol levels, improving the supply of blood and oxygen to the heart, increasing the functional capacity of the heart, reducing blood pressure, reducing obesity, and exerting a favorable effect on blood clotting.

Make your exercise program as enjoyable as possible, which will motivate you to "keep it up!"

SOURCE: The New England Journal of Medicine 2002;347:706-707, 716-725, 755-756.

Dr. Dean Ornish - "Reversing Heart Disease"

Encyclopedia of Natural Medicine, Murray & Pizzorno 1997:91



In The News

Eleuthero (Ginseng) Improves Lipid Metabolism, Physical Fitness & Immune Function



A Polish study in healthy volunteers showed that eleuthero, what we commonly call Ginseng, (*Eleutherococcus senticosus*) was more effective than Echinacea in improving parameters of cardiovascular health, fitness, and immune function after 30 days of treatment.

The 50 study participants were randomly divided into two groups and treated with a Ginseng preparation (extract at a dose of 25 drops three times daily) or the Echinacea product Echinacin Madaus (40 drops three times daily) for 30 days. The Ginseng group had statistically significant reductions in levels of total cholesterol, low density lipoprotein (LDL) cholesterol, free fatty acids, triglycerides, and glucose compared with the Echinacea group.

There was also a statistically significant difference in immune system function among those taking Ginseng, as demonstrated by tests of phagocytic activity (where certain cells engulf and destroy microorganisms and cellular debris) and spontaneous blast transformation of lymphocytes, (test which indicates the resistance to therapy), but only insignificant changes in numbers of lymphocytes able to stimulate cytokine (cell

movement) production.

In addition, spirometric tests (measuring the volume of air entering and leaving the lungs) of physical fitness were performed on 20 randomly selected participants. Those taking Ginseng showed statistically significant increases in maximal oxygen uptake after 30 days of treatment, compared with no change in the echinacea group.

Szolomicki S, Samchowicz L, Wójcicki, et al. The influence of active components of *Eleutherococcus* on cellular defense and physical fitness in man. *Phytotherapy Research* 2000; 14: 30-35.

General Uses of Ginseng:

Capsules 200-500 mg. every day up to three months at a time.

Infusion 3-4 cups, 3-4 weeks.

Extract 15-20 drops per day up to three months at a time.

Note: Herb Time does not support the use of alcoholic tinctures; only extracts in a glycerine base.



Materia Medica

Ginger
(*Zingiber officinalis*)

Common Names:
Jamaica ginger,
black ginger,
African ginger

Part Used: Dried
Root

Medicinal Properties:
Antispasmodic,
carminative,
diaphoretic (hot),
aromatic,
rubefacient,
anodyne,
sialogogue, pungent.

Uses: For reproductive problems and for menstrual cramps, use as a tea or capsule form. Excellent to help relieve and expel gas. For hemorrhage of the lungs and salivary glands, chew the root. Muscle spasms and irritations can be relieved by rubbing on as a plaster or liniment. For fevers, ginger can be put into the bath water by adding 1 teaspoonful. The tea is also helpful for nausea or

Recipe for a Healthier You!

Windy's Garden Burgers



2 cups oats
1/2 cup raw sunflower seeds
1/4 cup sesame seeds
4 cloves garlic - chopped
1 large onion - chopped
1 large carrot - grated
2 celery sprigs - chopped
2 t. salt
1 t. onion powder
1 t. garlic powder
1/4 t. sage
1/2 t. celery seed powder
1/2 t. thyme
1 t. veggie-chicken season
1 t. parsley flakes
1 cup cornbread - breadcrumbs or
whole-wheat breadcrumbs
1 cup water

Mix all ingredients together in a bowl, and add 1 cup of warm water, or enough water to mix together. Let sit for 10-15 minutes, or until oats soften.

Form into patties and brown in a pan or bake in the oven at 350⁰ and flip over until brown on each side. Excellent on hamburger buns, or smothered in homemade gravy.

Helpful Hint: To prevent the patties from sticking to your hands, wet hands before forming patties. You may have to wet your hands every few patties.



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Consult your own physician regarding the applicability of any opinions or recommendations with respect to your own symptoms or medical conditions.